Here are ten easy steps you can take to help prevent your child from using alcohol or other drugs. If you have no children please pass this information to a friend, neighbor, or relative who does.

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- Talk with your child about alcohol and other drugs.
- Learn to listen to your child.
- Help your child feel good about himself or herself.
- Help your child develop strong values.
- Be a good role model or example in your own use of alcohol, other drugs, or tobacco.
- Help your child deal with peer pressure.
- Set firm no use rules about drinking and other drug use by your children.
- Encourage healthy, creative activities.
- Team up with other parents.
- Know what to do if you suspect a problem.

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U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration
Office for Substance Abuse Prevention

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Odds are that long before your child reaches adulthood, someone will pressure him or her to use alcohol and other drugs. This will not be a stranger in a trench coat; rather, your child will probably be lured by a friend, neighbor, or older sibling. This person may be the same age as your child, or perhaps a little older. The question is not if this person will come into your child's life. The question is **when.**

What will your child say and do then? That depends in a large part on what **you** do **now.** Your child is at that "in between" stage – old enough to understand serious subjects and young enough to whole-heartedly accept parental guidance. Discussing alcohol and other drug use right now is critical, and following up with actions like those described on the other side of this card will give your child the tools needed to say NO loud and clear –and mean it.

Your love may be the key to helping your child stay alcohol- and drug-free.

For more information, write to:

or to:

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852